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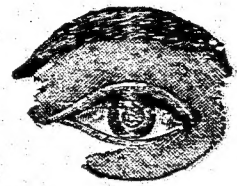
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Correspondence on topics of interest to the ladies is solicited. Address: Editor Homemakers' Column, Oxford Democrat, South Paris, Me.

Costume Designing.

(Miss Laura Anderson, Assistant Professor of Home Economics, U. of M.)

With fashion constantly changing, it is a problem to secure a foundation upon which clothing may be designed. Some say, "Design regardless of the changes," but that cannot be done successfully. Most of us are not sufficiently attractive or interesting to wear clothes that are entirely out of fashion. We would better adapt our individual ideas to the dictates of fashion, in general at least.

There are fundamental reasons for change in fashions. Fashions change with change or progress in living. "What we wear" is only one way of expressing what we think. Costumes reveal not only the character of a people but the state of civilization of their country and the spirit of the age. This fact may be seen by a study of the history of costumes of the past centuries. In early centuries when little change occurred in manner of living even in hundreds of years, we find fashions lasting for the same hundreds of years.

Our own recent times in contrast show rapid changes, progress in inventions and manner of living and travel, the intermingling with other peoples of the world, and at the present the after war conditions. Along with these changes have come the rapid changes in fashions which most of us have found it difficult to keep up with.

Besides these natural causes for changes in fashion, the manufacturer, because of his desire to sell his goods, sets up an artificial influence by advertising and monopoly.

Against these two rapid changes, there have been attempts at reform. Some have urged standardized dress as a solution to the problem, but women have been willing to adopt this sort of dress.

It seems that education in the fundamental principles of design and their application to costume would be a great deal; that we might strive more for beauty than for change, and that we might be able to adapt our individual ideas to the fashion and so modify if desirable.

The designing or selecting of costumes which are becoming, suitable and artistic, and at the same time fashionable, is a task every woman or girl must perform, so the subject of costume designing should be interesting to all of us, as well as to the few who make art a special study.

Buttermilk for the Complexion.
I made a call on a very pretty young friend the other day, and was moved to comment on the exquisite whiteness of her complexion. I begged her to tell me what particular face-bleach or cosmetic she had been using. For a minute she hesitated, and then, with a bewitching little pout, she said: "It is just buttermilk. Mamma told me about it," she went on to explain, "and her old colored nurse told her years ago down in Kentucky, when papa used to come and see her. And so the other day, when I was worrying over the freckles and sunburn on my face, she thought herself of that old remedy and advised me to try it. I did so, and behold the result!"

"If there any particular way to apply it?" I asked.

"Just wash your face well with water, and then take a silk sponge and pat it on all over your face and neck. Then when you get up in the morning wash it in clear water, and then in some more of the buttermilk, and dry your face thoroughly with a crash towel. You can get your milkman to bring you in a pint or so every morning, and you will find it a cheap as well as a perfect cosmetic."

Plants That Grow in North Windows.

Ferns and begonias, Chinese primroses, callas, primula obconica, asparagus sprengeri, and asparagus splumosus can be grown in a north window. A large window which faces northeast. So will German ivy (Senecio) and English ivy, if you want some vines to train about the upper portion of the window. Plants having richly colored flowers would require more sunshine, but begonias are most effective in such a location.

The maiden-hair fern is another plant that will flourish in a north window.

Selected Recipes.

ORANGE PUDDING.

Beat the yolks of four eggs slightly, add two-thirds of a cup of sugar, the juice of one orange, grated rind of one quarter of it, also the juice of one lemon. Cook in a double boiler until thick, then beat in the whites of the eggs beaten stiff; cook a couple of minutes. The cream can be served in sherbet-cups lined with lady fingers, or, if desired, two tablespoons of dissolved gelatine may be added and the whole poured in a mold. This makes a delicate, delicious dessert, and an ideal one for the invalid's tray.

CHOCOLATE TAPIOCA.

Wash a cupful of tapioca, cover with a pint and a half of water and soak for two hours. Put four ounces of chocolate in a double boiler and when melted add a half cupful of sugar. Cook until the tapioca is transparent, stirring often, when done remove and flavor with vanilla. Serve with sugar and cream. A sprinkling of nuts or bits of jelly over the top for a garnish adds to the appearance of either a tapioca or sago pudding.

PRUNE PIE.

Line a plate with nice crust and fill with cooked and stoned prunes, add enough juice to make it moist. Cream together butter size of an egg, two tablespoons of sugar, two tablespoons bread-crumbs, two egg yolks beaten, two whites beaten stiff—spread over the prunes and bake in a moderate oven.

EFFIE'S DARK CAKE.

This recipe for eggless cake, used in by I. F. L., has been well tested. One cup sugar and one-half cup butter creamed together; one teaspoon soda dissolved in one cup sour milk; two cups flour, one cup raisins, and one teaspoon each of cloves and cinnamon. If desired, add nutmeg. Bake in a moderate oven. This keeps well without growing dry.

COCOA FUDGE.

One-half cup milk, 3 level tablespoons butter, 2-3 cups powdered sugar, 6 level tablespoons cocoa, pinch salt, 1 teaspoonful vanilla.

JOHNNYCAKE.

One cup cornmeal, 1 cup flour, 1-2 cup sugar, 1 egg, 1 teaspoon melted butter and two teaspoons baking powder. Mix with sweet milk this enough to pour.

PARSNIP CROWDER.

Cut up and fry out 1-3 cup of fat salt pork. Add one onion chopped and stir until onion is browned. Add 1-3 cup of parsnips cut in cubes. Salt and pepper to taste. Cover with water and cook until vegetables are soft, then add 1 cup of milk, 1 tablespoon of butter, 1 cup of cracker crumbs and 2 tablespoons of parsley chopped fine. Serve hot.

HAMBURG LOAF.

One pound of hamburger steak, 6 butter crackers, 2 eggs, salt and pepper to taste, a pinch of rosemary, 1-2 cup of milk. Roll battered crackers very fine, add to steak, beat eggs well, mix with milk, then to steak and crackers. Season and bake about 20 minutes.

INEXPENSIVE FRUIT CAKE.

Grind up one cup of butter and add two well beaten eggs, one-half cup of currants, one quarter pound of citron cut into fine shavings, a level teaspoon each of grated nutmeg, cinnamon and cloves, and one-half cup of orange milk with one-half level teaspoon of soda dissolved in it. Add last three cups of flour, beat well and bake in one loaf in a slow oven.

Mouldy Cheese.—Place a lump of sugar on cheese before putting it away in a cheese dish. It will absorb all the moisture and keep the cheese fresh.

It Things Are Scorching.—Drop a small piece of charcoal in the pot when vegetables, meats or fruits are slightly scorched and the scorched taste will disappear.

Fast After a Week-End.
The wider freedom of the leisure hours of the week-end produces the case of many ordinarily sedentary persons a condition of well-being, increased appetite which is apt to last on into the beginning of the working week, with disastrous consequences. Thus the Lancet (London) is advising persons returning to town from week ends in the country to cut out their midday meal on Monday.

UNCLE HANK.



HEADACHE

is only a symptom of trouble somewhere in your system. If your headache comes from your eyes, consult an oculist at once; but if you have a headache with dazed tongue, nausea, loss of appetite and constipation, it usually comes from disordered digestion or torpid liver and one or two doses of "L.F." Atwood's Medicine will give speedy relief by carrying off impurities and restoring the clogged digestive organs to their normal activity. In using this old reliable remedy you take no chances. It has a record of more than sixty years as a safe headache remedy.

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